

# Green Revolution

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## Herbs and Your Health - Part III

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Herbs and Your Health

By Ben C. Harris  
Part III

The purpose of this column is to acquaint the reader with the innumerable uses of weed-like herbs, of old-time plants and other members of the Lawn and Garden Clubs. No longer shall they—not even garden grass—be thoughtlessly maligned and destroyed with a vicious and wasteful ruthlessness. (The only herb I've no use for is Poison Ivy, but remember that some decades ago its extract was employed in the treatment of chronic rheumatism.) Once these botanicals become your friends, you, too, need go no further than your own back yard to discover the "acres of diamonds."

Let's consider the category of serviceable garden flora. No longer will many familiar garden ornamentals and household plants be pampered like spoiled children. They'll serve the non-conformist gardener and herb-minded folk as remedies and dyes, as edibles and seasonings, etc. For example, the yellow-orange flowers of Marigold flavorize rice, potatoes, soups; Nasturtium leaves add zest to a vegetable salad. The fruits of the Flowering Crabapple are used to prepare delicious jams and tasty pickles. Chewing the washed twigs or the bark of the colorful Magnolia tree is considered by many a remedy against the tobacco habit.

Making a sachet? Include the dried, unopened flower buds of your Lilacs and the opening white blooms of Lily of the Valley—plus ground, dried peels of Orange, Lemon and Tangerine.

Let's put our Barberry bushes to better use. True, they make

good hedges that prevent the neighbors' children and stray dogs from trespassing upon your front lawns. How use the various parts of the Barberry?

A cupful of spring-gathered Barberry leaves, once softened in cold water, are added to a cole slaw, vegetable salad or soup, or eaten as is. In the fall the tart red berries become must ingredients in home-made preserves and jellies, an excellent Cranberry substitute. (See the writer's *Eat the Weeds*, p. 71).

(to be continued)

Questions, cont'd

land is a trust (not private property) which can no longer be bought and sold. The whole group will hold the land and supervise its allotment among the families currently and in years to come. If a family moves out after a few years, equity would call for a certain portion of the \$1000 to be deducted as a share for use to date, and the remainder transferred as part of the cost to the incoming family and paid by it to the out-going family.

Q. Are people who become members of Heathcote Community expected to believe and practice special patterns like vegetarianism, macrobiotic diet, single tax, etc. — M. W., Edgartown, Mass.

A. The philosophical base for Heathcote is maximum individual initiative, freedom and self-expression. Hence all personal choices and activities are left to each individual and family, to believe, practice and live as they wish, so long as they do not

physically harm others.

"Single tax" brings up land title and land tenure. The holding of (or title to) land is the one place where all members are involved; land-use is a public matter. How the land is held affects all others. We are trying to practice a pattern where each family has only that amount of land necessary for its livelihood. Our present contract gives each family a 99-year use of a plot (about two acres) for payment of \$1000, as a member of the group (the group or community association retaining the title to the whole 37 acres).

Q. Is indoor sleeping available at Heathcote?—E. C.

A. There are large rooms with some cots and mattresses on third and fourth floors; bedding to be brought from home. To date many a hardy worker or student has stretched his sleeping bag on mattress or floor, and arisen refreshed on the morn. Eventually we hope to have this dormitory space partitioned for privacy and equipped more comfortably. Several outbuildings are clean and available.

Letters, cont'd

trying to raise money to finance our coming volunteer service.

The time is coming ripe for the wide acceptance of School of Living ideas. We were very pleased to read of expansion toward this with the opening of the Heathcote headquarters. Our son, Blaise, whose birth was the big event at Heathcote at the '65 workshop, is happy and healthy as only a naturally raised child can be. He'll be teaching his parents to speak Spanish soon!—Barney & Pat McCaffrey, 807 W. North St., Kalamazoo, Mich. (the forwarding address).

Program At Tolstoy Farm  
To the Editor:

We at Tolstoy Farm are attempting to be incorporated as a non-profit landholding trust. We have tentative plans for a study program this summer on rural cooperative living in addition to the usual cabin-building, gardening and other work projects.

I am interested in locating families or couples who plan to be a family to settle near my wife and me, and help create a school and handicrafts business. I have a small leather business started and we need some children, the more the better. I have land for at least one family. We would like to hear from anyone who knows of an unwanted baby

Mortgages, Machines, cont'd

yet the official policy of this country; if it were, I could use this land with a nominal rent each year to the county, without this big burden of cost and mortgage.) In the meantime I am turning this 70 acre wilderness into a productive piece of land (with government help I have to admit) and getting from it good food for people in the cities.

A Homesteader's Alternatives

It seems to me a homesteader can do one of two things. He can work at a craft, trade or profession other than farming for his "foreign currency" and the things he has to buy. Or he can work at farming for his "foreign currency" and self-support off his piece of land. I am doing the latter. Foreign currency (i.e., money to trade with the rest of the world), as you must well know, he has got to have. I bet Thoreau had a pair of trousers and I bet he bought them! And I bet there's not a homesteader in the U. S. who does without

trading with the outside completely. Only a person shipwrecked on an island does that. Each homestead must have outside trade—whether it is by pottery, writing, doctoring, selling labor to some factory, or producing vegetables or beef for sale.

Welsh Homesteaders

Most of the people in our hills and valleys are still homesteaders, although they don't use the word. The postman who delivers our mail has 10 acres and milks 6 cows. The roadman, who keeps the roads clean, has 5 acres and 3 cows. His wife milks them and puts the milk on a stand and sells it for a weekly income. A big farmer round about may have a hundred acres and live off the milk and meat he sells from that. Nearly everybody here owns some land. This gives the laborer a dignity that the landless laborer can never have. He can go to the market, lounge about with the other "farmers"; he is a farmer too! But, alas, they have lost the art of being self-sufficient.

The depression, the two wars, rationing, and cheap imported food have killed home production for use. True, yesterday I ran the postmaster's pig in to the slaughterhouse to be killed for him, in my van. (I always kill my own.) True, most of my neighbors brew beer (but with bought malt). Self-sufficiency in food is lamentably gone. I see nothing wrong with the small farmer who produces nearly all he needs from his piece of land and sells the surplus to the rest of the world for "foreign currency." That seems to me the admirable way of life.

Avoid Commercializing

What I want to avoid in my farming is buying too much stuff, too much machinery, too much fertilizer — commercializing it too much, making it a business and not a natural husbandry operation. My ultimate aim is to own my fair share of 20 acres without mortgage, preferably in the neighborhood of other homesteaders, work at my craft of writing (while my wife Sally works at hers of pottery), and produce all our own food with possibly a little surplus to give away or sell. Horse the only power. I'd like to do our cooking on the fine open fireplaces, and scrap the beastly "Aga" with its appetite for expensive coal. Sally wouldn't though, and she does the cooking.

I believe there's a lot of hard thinking and experimenting to do before any satisfactory theory of decentralizing is produced. Let's work at it and keep on communicating and sharing our discoveries.

(to be continued)

Recreation

One February Sunday afternoon  
We set out at the very same moment  
My neighbor in plane above  
I hiking to woods o'er the meadow  
His view the distant city  
Mine the violet buds  
His the motor's roar  
Mine the crack of ice where I trod  
He sits crouched in cockpit  
I swing arms and legs  
His enclosed air  
Mine moist with fallen leaves  
His thoughts I cannot know  
Mine mystery of trees, persons, snow  
My hour teased me to sing  
I only speculate about him

—M. J. L.

EXTRA

February Green Revolutions

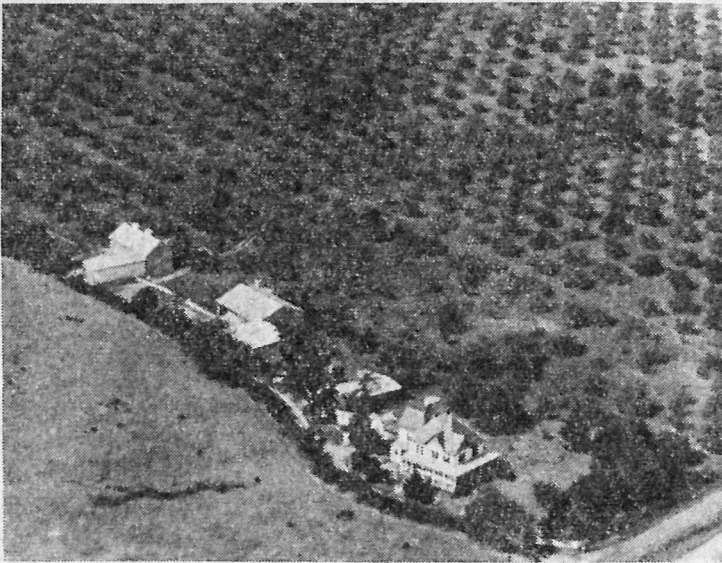
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Green Revolution  
25 copies for \$1

Building Soil With Earthworms

April 22-23, Heathcote Center, Freeland, Md.



Golden Acres Orchards

Don't miss this outstanding seminar-demonstration by A. P. Thompson of the famous organic Golden Acres Orchards, Front Royal, Va. Learn how to grow disease-free fruit and vegetables—no sprays or chemicals. At Golden Acres, 16,000,000 earthworms per acre do the job!

Send \$2 registration fee for this important weekend (with garden workbee) to: Coordinator, Heathcote Center, Heathcote Road, Freeland, Md. (Phone 301-357-5723; by auto, Maryland Line exit on Route 83.)

Basic and Practical Paths to Peace

May 26, 27, 28 at Heathcote Center, Freeland, Md.

Six outstanding leaders: Lewis Herber, author of *Crisis in Our Cities*; Leonard Krimerman, author of *Patterns of Anarchy*; Herbert Roseman, teacher and member of *A Way Out* editorial board; Louis Potter, founder of the Academy of Freedom; Robert Swann, CNVA, Voluntown, Conn., and field worker, International Foundation for Independence; Griscom Morgan, Vale Community, Yellow Springs, Ohio. Mildred J. Loomis, chairman.

Discuss with these leaders: *economic arrangements*—land, money, trade—and *political structure*—how much government for justice, equity and peace?

Send \$2 registration and \$10 for weekend to: Coordinator, Heathcote Center, Freeland, Md. (Phone: 301-357-5723; by auto, Maryland Line exit on Route 83.)

Registration For Seminar On  
Basic and Practical Paths to Peace

Saturday May 27, 9 a.m. to Sunday p.m., May 28  
(Arrive Friday Night if Possible)

Date \_\_\_\_\_

Coordinator  
School of Living Center  
Heathcote Road, Rt. 1  
Freeland, Maryland

For the enclosed \$\_\_\_\_\_ (\$2 per adult) please register the following for the May 27-28 Seminar on *Basic and Practical Paths to Peace*:

Name \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Member of \_\_\_\_\_ organization \_\_\_\_\_ position \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Member of \_\_\_\_\_ organization \_\_\_\_\_ position \_\_\_\_\_

Please send a full program of this seminar to the following:

Meals and Lodging for Weekend—\$10 per Adult  
Bring Bedding and Towels